

# Heads Up

## TIPS FOR BETTER BRAIN HEALTH

EMPLOYEE  
ASSISTANCE  
PROGRAM  
OCT 2015



### WEBINAR

**Learn ways to keep your brain nourished and fit as you age.**

Your Employee Support Program can help with:

- Articles and tips on aging and brain health
- Audio on causes of memory loss
- Resource links to the Alzheimer's Association and the Administration on Aging
- Support for caregivers

**Know The 10 Signs**

**Oct 20th —12 pm, 2 pm ET**

Learn to identify the 10 early warning signs of Alzheimer's disease through this webinar presented by the National Alzheimer's Association. Review the differences between age-related memory lapses and the signs of dementia.

**TOLL-FREE: 800-444-7262**

**WEBSITE: [www.cmgassociates.com](http://www.cmgassociates.com)**

**LOG-IN: Newton**

Available anytime, any day, your Employee Support Program is a free, confidential program to help you balance your work, family, and personal life

**CMG**

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